

Many students at BYUH want to grow their families while also pursuing their education. Unfortunately, some feel like they have to choose between school and family. This resource list is designed for student moms and dads so they can be aware of the resources and options available to them if they have a baby while in school.

## Campus Services Provided

Schedule a visit with WSR to learn more about these services.

Pre-natal class: series of 5 classes addressing the stages of pregnancy, what to expect during the delivery process and pain relief options, breastfeeding, and newborn care.

1st Trimester visit with information on what to expect during pregnancy, morning sickness, nutrition, & breastfeeding. Helpful tips for pregnant student or spouse. Questions are encouraged.

"A Baby Shower in a Box" for each mom. New and handmade tummy time quilts and basic baby supplies donated by friends in the community and senior missionaries.

3rd Trimester/Prebirth home visit to review signs of labor, discuss concerns, and what to pack for the hospital. You will receive a booklet, "Understanding Birth," which includes a web app with videos, tools, and more! Breastfeeding help is offered if needed after delivery.

Keiki Korner: A fun mom/baby weekday gathering where moms can talk and babies can play, up to age 3. Wednesdays @ 3:00-4:00pm, held at the Stake Center Nursery. There is also a messenger group to connect with other young families on campus.

## Options you have for continuing your education:

- Work with your professors directly to arrange short-term extensions to deadlines for coursework
- Enroll in Independent Study classes
- Contact the Title IX coordinator to work out an accommodation for your situation.
- Take fewer classes per semester. Keep in mind that part-time and enrollment have different tuition implications.
- Consider taking a leave of absence.

## Title IX

The university provides appropriate, reasonable adjustments to educational and employment programs and activities to support students who are experiencing pregnancy, childbirth, false pregnancy, miscarriage, and recovery therefrom, in the same way as it does for students experiencing other temporary disabilities. Here are some examples of situations in which you might seek a Title IX accommodation:

- Planning your recovery from delivery (it is recommended you start the accommodation process in advance of your due date) or if you have a complicated delivery and need additional support
- You are suffering from a postpartum mood disorder such as postpartum depression, anxiety, or panic



## Other Helpful Ideas

– Look for mothers' or parents' groups on Facebook. There are other student parents out there who may want to trade childcare and/or connect about their experiences.

– Pray for divine inspiration. The devotional titled **Women and Education: "A Future Only God Could See For You"** By Eva Witesman illustrates how different women may be led to different paths for pursuing education and family.